

Thaw-Freeze Model

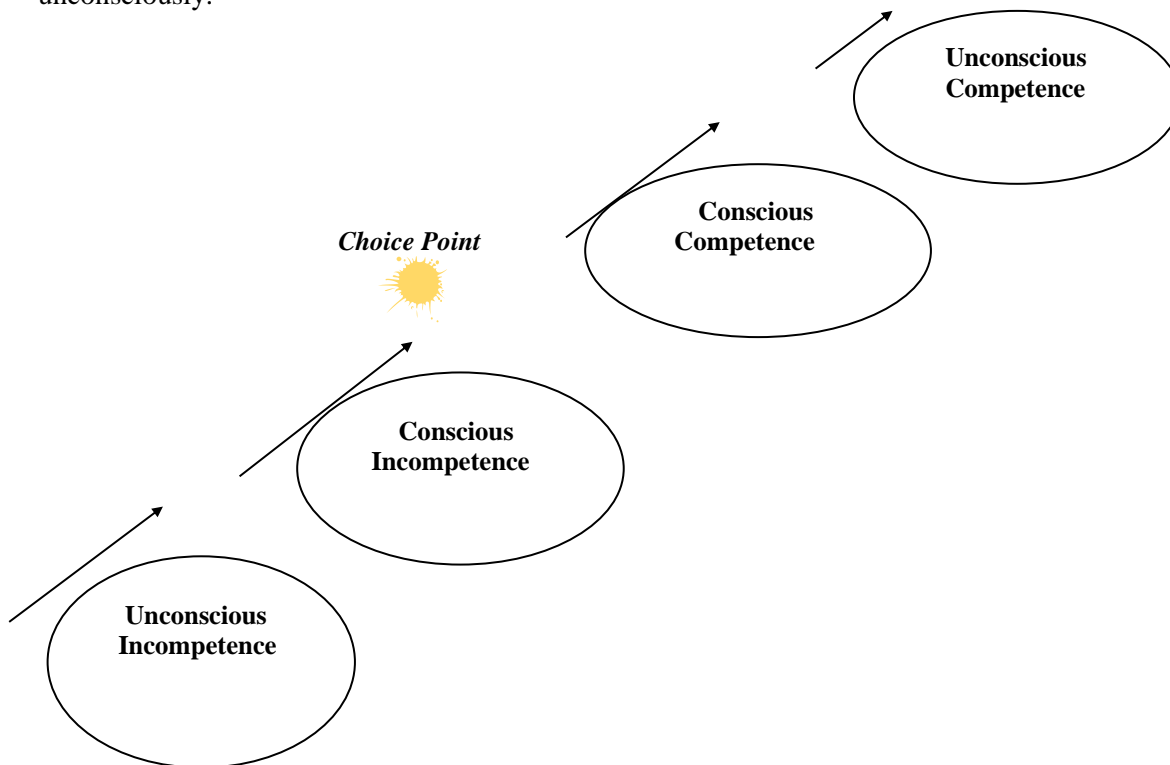
The Thaw-Freeze Model explains the flow and sequence desired in learning new behaviors and may be experienced throughout OLE. Each phase is explained as:

Unconscious Incompetence: I do some things, to one degree or another, that are incompetent. These “things” have become a habit to me.

Conscious Incompetence: In this phase I become aware that incompetence’s exist as part of my routine; I identify them for what they are so that I can begin making choices about them.

Conscious Competence: I learn a new behavior. It may seem awkward at first, but I will choose to repeat the new and more desirable behavior when it is beneficial and appropriate.

Unconscious Competence: The new and more desirable behavior has become a habit for me. I do it unconsciously.



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